



To ask or not to ask?
New Conestoga web-based service makes it easy to get your questions answered.

SPOKE

A learning newsroom for journalism students

Conestoga's success continues

Continuing education scored highest of all large colleges in Ontario.

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South Asian festival a hit

Fashion and cuisine only a small part of the annual Kitchener event.

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Monday, September 18, 2006

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

38th Year — No. 14

Not long to go before new student centre opens

By ALEX MCNANNEY

The wait is almost over for Conestoga students wanting to see the new Student Life Centre.

"We're looking at mid-October as the opening date," said Matt Jackson, 21, president of Conestoga Students Inc.

Construction on the new centre, originally slated to open in August of this year, suffered a setback when roofing work was delayed.

This in turn held up construction on dry wall, flooring and many other areas.

The roof has been completed however, and Jackson is looking forward to the official opening.

"Construction's been going well, we're very excited about this new addition for students," he said.

"Construction's been going well, we're very excited about this new addition for students."

*Matt Jackson,
president of CSI*

Currently, portions of the new centre are open to the public, but are used as self-serve areas.

Once the centre officially opens, they will no longer be self-serve and all services previously available through CSI will be open for the public, including some new services.

"We're going to have a massage therapist and chiropractor on staff, which we think will be a helpful addition for students," said Jackson.

The new location for CSI has also been a plus.

It is now located in the B wing, just down from Tim Hortons.

Previously, it was on the first floor, just down from the main cafeteria.

"We've had more people come through this week than we've ever had," said Jackson.

"We're very happy with our location."

Students can also expect to be surprised by the colours of the new

centre, which will include concrete-stained terracotta floors and green and brown-burgundy walls.

"From the start, we wanted this centre to be different from the rest of the college," said Jackson.

"We (CSI) think the colour scheme reflects that."

Also included in the new centre will be a new, two-level bar bistro, which Jackson said is set to open by mid-November.

However, he said negotiations between the college and CSI over issues with the bar-bistro have been slow.

CSI and the college have been trying to iron out the restaurants that will be available, as well as the time of closing for the bar.

Jackson said CSI would like a closing date of 2 a.m., lining up with the other local bars in the area.

The bar previously located in the Sanctuary was only open until 1 a.m.

"We want last call to be 2 a.m. so that people don't hop in their cars after leaving here and drive to another local bar," said Jackson.

"That's a dangerous situation we want to avoid by taking away that 'other bar' factor."

Jackson said he believes the college will agree with the proposed later closing time and he doesn't expect a fight.

Another issue with the new bar-bistro has been the fate of OT's Sports Bar, located in the rec centre.

As of now, nothing has been discussed concerning OT's future, but Paul Osborne, director of marketing, athletics and the rec centre, said he thinks the sports bar will remain open.

"Groups who rent out the hockey rink or our other facilities often like to have a beverage after a game and OT's provides that," said Osborne.

"Having OT's will be more convenient for them, instead of having to make the trip up to the bar-bistro in the Student Centre."

Although negotiations continue, Jackson said CSI is still excited to be nearing project completion.

"We can't wait to have this open for students to enjoy."



(Photo by Kristin Grifferty)

Climbing to new heights

Vanessa Henrichs, a first-year recreation and leisure services student, gets a workout climbing the rock wall at the Pond Party Sept. 7. See Pages 14 and 15 for story and additional photos.

New service to help students improve their writing skills

By TIFFANY MCCORMICK

With four months away from school, students may find it a bit of a challenge getting back into the swing of things. For those who need extra help or a little refresher on writing essays and assignments, a new service is here for you.

Writing services is a new, free resource offered by the Learning Commons, part of Conestoga's academic support services.

Students will be able to obtain help with writing and revising skills, style development, planning skills, sentence writing and grammar skills and documenting sources.

Writing services administrator, Lynn Gresham, who is in charge of this service, said the goal is to help students with their writing skills.

"We want students to be better writers and clearly communicate their ideas."

Gresham emphasized that she

will not edit or proofread students' work but will go through it with them and determine where they are making frequent errors. She will then explain how to correct the mistakes and have students fix their assignment.

"It's still the student's work, not my work, that gets handed in," Gresham said.

This service came about as a result of faculty needs and student wants. An advisory committee consisting of communications faculty was put together to determine what services could be offered on campus. It brought together peer services, learning strategies and added the writing services into the existing Learning Commons.

The new service will consist of part-time writing consultants, to be hired this fall, who will provide the writing skills students will need to be successful with their writing.

Student Services executive director, Jacquie McLaren, said this service is really important to have.

"It's an opportunity for us to increase academic support for students," she said. "Students will get the best possible service."

McLaren said the service is an additional building block to help maximize the opportunity for students to be successful at Conestoga.

"It's an opportunity to enhance the educational experience of students and help them achieve the success they hope to," she said.

McLaren said she is excited about the new writing service and is "looking forward to being a key and central part of students' learning in partnership with faculty and other service areas."

The writing services, temporarily located in Room 1B36 at the back of the Sanctuary, will be open Sept. 18.

Students can make appointments by calling ext. 2308 or dropping in. Available hours will be Monday through Friday from 8:30 a.m. to 4 p.m.

Now deep thoughts ...with Conestoga College

Random questions answered by random students

How would you spend your last hour on Earth?

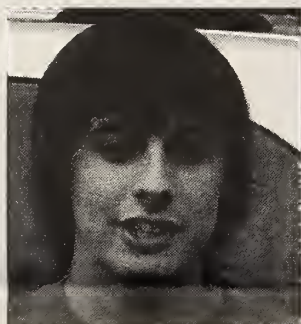


"I would steal a Dodge Viper and joyride around."

Bradley A.

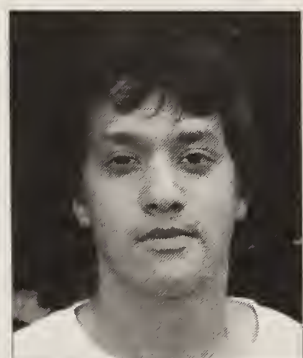
"I've always wanted to fire a machine-gun."

Justin B.



"I'd eat a hamburger. Or three."

Ivan H.



"I wouldn't know what to do and by the time I decided on something the world would be gone."

Vlado H.



"Say goodbye to my family, then shove loads of food in the basement and survive, then re-vamp the world as 'Laura's World.'"

Laura M.

Smile Conestoga, you could be our next respondent!

Student volunteers energize orientation

By MEGHAN KRELLER

Conestoga College's student orientation has been evolving on a year-to-year basis and is only getting closer to perfection, said Carol Gregory, director of student development for the college. The major change implemented this year by the college was the movement to a volunteer model of student leadership, she said.

"This year was a major change and a lot of people around the campus helped with the transformation," she said.

Leanne Holland Brown, student life co-ordinator, said there was certainly a feeling of positive energy and socialization that isn't always present on orientation days.

"We ended up with 21 very enthusiastic and talented student orientation leaders this year," said Holland Brown. "They helped our new students feel welcome, offering great advice and guidance. We were just

so excited about their presence and their dedication."

Student leadership is the model used by the majority of colleges and universities across the province. The volunteers helped out with phase one of orientation, the on-campus orientation days for first-year students held the week before the start of fall classes.

"This change created a dynamic feel to orientation. The increased presence of student leaders really enforced the idea of students serving students," said Holland Brown.

More students stayed for campus tours and the day's events than in years past, said Gregory. People seemed more relaxed, perhaps because they connected with other students, she said.

"That showed in the number who stayed for the entire day," said Gregory. "They just didn't seem as exhausted as we have seen in the past."

Being led by current students

seemed to put the new ones at ease, said Gregory.

"There was a sense of energy that you could both see and hear," she said. "The whole day just seemed lighter."

Orientation is held to welcome new students and to make the transition into college life as smooth as possible. The orientation days are only the first phase in the four-phase process. Phases two to four are held in class and include going through the college's student guide and being introduced to Student Services and the Learning Resource Centre.

Although this fall's phase one of orientation started the year off on a positive note, there's always more that could be done, said Holland Brown.

She said she would like the number of student leaders to expand in years to come.

Opportunities to be recruited as a volunteer for next fall will begin in January 2007.

LRC offers more for students

By PEGGY O'NEILL

The first couple of weeks of school are always a little hectic for everyone, students, teachers and staff alike.

This past summer the entire Learning Resource Centre staff was hard at work making adjustments and improvements to the library.

Some of the changes that were made include adding an open access lab, a seminar room, a multi-purpose room, a larger collection of paperback books, a website with a series of tips on how to use the Internet effectively and opening earlier in the morning.

The new open access lab features 15 new computers that have the same functionality that the computers in other labs have. The staff will also be using this room to do some hands-on instructional training with students on how to search databases.

The multi-purpose room seats 12

and can be booked through the audio visual department. Linda Schneider, Learning Resource Centre supervisor, who recently joined the staff, said, "We haven't gained anymore space this year, but we are using it more effectively."

Since classes are beginning at 8 a.m. this year the Learning Resource Centre decided to open a half hour earlier, at 7:30 a.m., to accommodate students and teachers who are preparing for class. The morning staff has noticed that individuals are usually waiting around the doors before they open.

"It adds credibility to the fact that there was a need to open a half hour earlier," said Schneider. "Many people are making good use of that time."

The Learning Resource Centre has always had a small collection of paperback books that can be taken out for a student's reading pleasure. Over the summer that

collection grew by more than 100 books with generous donations from the Conestoga staff.

Another new feature that is beginning in October will be a series of tips on the Learning Resource Centre website called networking. It is an easy guide on how to use the Internet more effectively and to your advantage. It's very subject specific, well-organized and authoritative.

Imelda Castillo, a second-year Conestoga College student, doesn't have any troubles with using search engines like Google.

"It's my life," she said. "I like it a lot and I think it is effective."

On the other hand, Lindsay Speer, a second-year business student, finds the Internet to be very broad.

"Sites like Google can be frustrating sometimes because it can be difficult to narrow in on what you're specifically looking for."

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We wish you success



(Photo by Summer McPhee)

Drivers fed up with the extra time it takes to get to the college and work, thanks to the construction on Homer Watson Boulevard, continue through red lights, adding to the frustration.

Residence a mix and mingle away from home

By JESSICA BLUMENTHAL

Conestoga's residence isn't having a problem filling the 265 rooms this year.

There are only two rooms left in the campus residence. Last year, there was an entire floor on the old section left.

John Kobylnik, general manager of Conestoga's residence, believes it's because there was a higher enrolment rate at post-secondary schools.

"I think they're getting better at calling people who are on the waiting lists, which makes a difference," said Kobylnik.

Erin Voss, a first-year BSCN student, said moving into residence was the best decision for her because her

hometown is too far away.

"It's a great place to meet new people and so far it's been an awesome experience," she said.

However, there are many housing options for students to fit every student's needs. Miro Pallo, a second-year LASA student, has done his research when it comes to student housing. He said residence is the most expensive option.

"I would never move into residence for a few reasons; because of the cost, it looks like a hotel and it's not attached to the school," said Pallo.

A complaint Conestoga residence has had in the past is about the Internet connection, which is vital to students.

Kobylnik said there is a new

Internet provider, Point of Presence.

Since signing with the new provider, the level of satisfaction has increased, he said. Now students can just plug in and don't need to worry. "The new service is the biggest change to the residence this year," he said.

Ask Me system receives 34,000 inquiries in two months

By CARA LICHTY

Ask Me, a new e-mail Web-based system which responds to the questions of both current and prospective students, has been up and running since May, and is a success.

The IntelliResponse computer and e-mailing system allows students to ask questions in one of five specific areas. They are current students, prospective students, continuing education, international students and alumni affairs. Eighty per cent of questions asked receive answers within 30 seconds.

Each department at the college has a client rep who is responsible for answering the questions that come in regarding their area. When a question cannot be answered automatically the student will receive an e-mail asking them to wait up to five days for a response. A client rep then sends the person the information he or she needs that is specific to the question.

Already the success of Ask Me has been shown through the 34,000 inquiries that have been received in two months, with an 85 per cent automatic response rate.

Darcelle Watts, executive assistant of student affairs, who works in Student Services, said it will be interesting to see current students' response to the system now that school has started.

"The current students are now,

after all, the prospective students who were asking the most questions over the past few months," said Watts.

With the five topical areas in the system, Watts said she is hoping international students receive the answers they need to ease their transition into the college.

"They have different and specific needs," said Watts. "This isn't just a new school for them, it's an entirely different community."

Watts said Ask Me has vastly decreased the number of e-mails the school has had to answer, resulting in a quicker response time for the students' questions and less stress on the staff.

"Everybody is on board with this," said Watts.

Brittany Snider, a first-year financial planning student at Conestoga, said the Ask Me option on the college's homepage answered all the questions she had about her first year.

"It gave me all the answers I needed to know, from tuition to what to eat on campus," said Snider. "I think this definitely makes the students feel more comfortable, making Conestoga a more welcoming college choice."

Geninfo@conestogac.on.ca, Conestoga's previous e-mailing system, is directly linked to Ask Me to not lose students who have not yet heard of the new program.

Construction causes frustration

By AARON SCHWAB

The two-year project of reconstructing the interchange at Highway 401 on Homer Watson Boulevard in Kitchener is nowhere near completion, according to a labourer working on the project.

Tom Brown, who has been working at the construction site for about four months, said the project, which started six months ago, will take up to 18 months to complete.

The reconstruction of the interchange is currently underway, which includes a new bridge across the 401, demolition of the old bridge and a change in direction of the on and off ramps.

A pedestrian overpass will also be built over the 401, which will allow pedestrian traffic between Conestoga College and Morningside Drive.

When the project is complete, transitions onto the 401 will be made quicker and easier, but for now, expect traffic backups, partic-

ularly around 8 a.m., and between 3:30 and 4 p.m. Traffic back-ups at the overpass have increased since the opening of Conestoga College for the start of the fall 2006 semester, according to Brown.

Pam Adamkiewicz, who drives to and from work every day via the 401 overpass on Homer Watson, said that traffic over the bridge is getting worse every day.

"The traffic is backed up no matter what time I leave," Adamkiewicz said. "It adds about 15 to 20 minutes every day in the morning. I leave at least 30 minutes early, just in case."

In addition to slowed traffic, the construction has added additional problems to Adamkiewicz's daily commute.

"They keep changing what lane you have to be in, and Friday (Sept. 8), the traffic lights weren't even working when I had to go through them."

"Sometimes all this construction even causes traffic accidents and makes it worse."

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Lessons for a fun and successful year at Conestoga College

Welcome to Conestoga College. Or, for returning students, welcome back.

For those who are new to post-secondary education, we've prepared some tips that might help you with your education.

First and foremost, get involved: not only in school, but outside of it too. It's important to get involved in class because it helps you pay attention during lectures. It also helps you get to know your classmates and teachers. If there is anything you don't understand during a lecture, just ask.

Get involved in intramural and extramural sports. Not only do sports build character, they're also a good way to make friends and avoid the freshman 15 (the dreaded 15 lbs. of weight most students gain in their first year of post-secondary education from unhealthy eating).

Or, get involved in one of the numerous clubs at Conestoga.

Besides the obvious social reasons for making friends, they also come in handy when you miss a class and need to get lecture notes, or if you need someone to hold your hair back.

If you're coming straight from high school, keep in mind there won't be any hand holding here.

Partying a few times a week is OK as well, but if you start partying almost every night you might want to regain focus.

That doesn't mean the teachers aren't here to help you. The professors at Conestoga have experience in the field you've chosen to study, and bring a wealth of knowledge you should take advantage of. They know what it

takes to get the job you want.

Be sure to work hard and you'll get results. It's a fact: if you dedicate yourself to your program you'll at least pass your classes.

And don't skip (very many) classes. Keep in mind you're paying to be there and if you aren't in class, you're definitely missing a valuable lesson. Chatting on MSN doesn't help either because it takes your mind away from what is being discussed.

Do the readings, if only because it's expected, and because it might eventually be on a test. Or, you might need that information in your career one day.

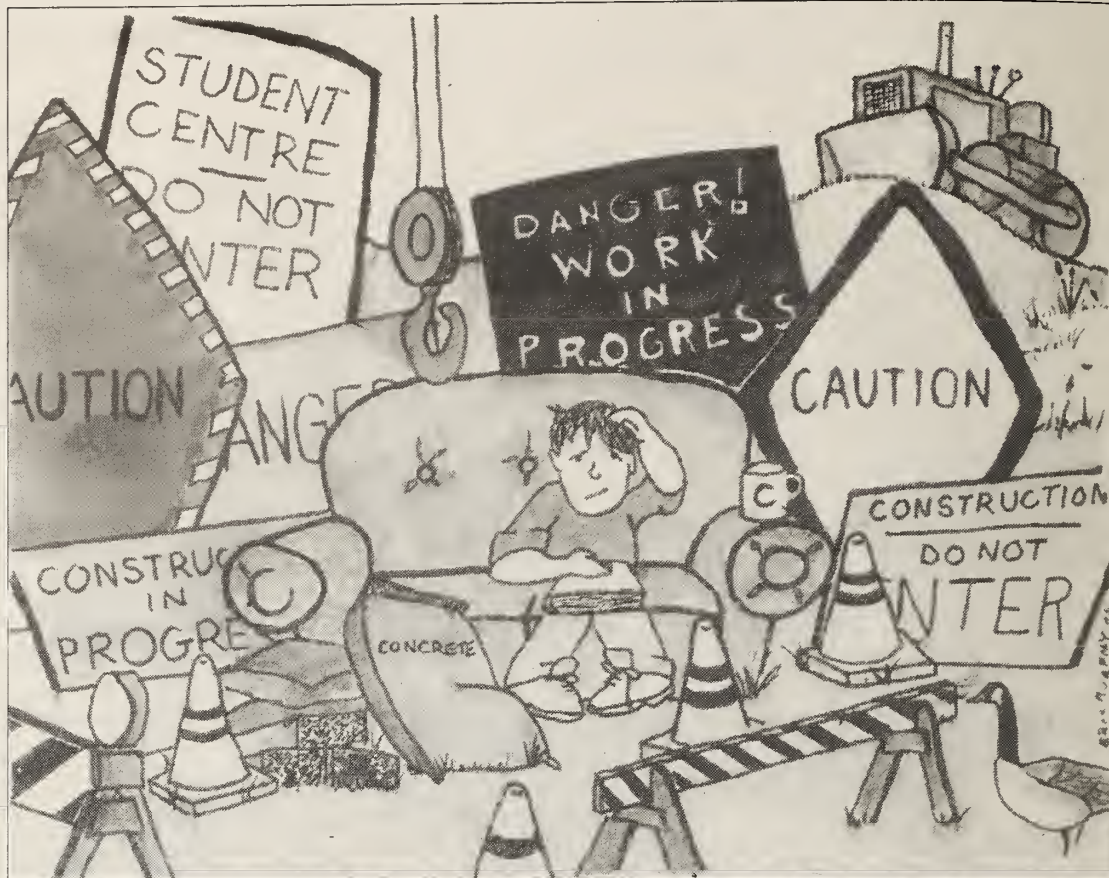
It's OK to have fun, but keep in mind the reason you've come to college. Partying a few times a week is OK as well, but if you start partying almost every night, you might want to regain your focus. Going to class with a hangover everyday is not recommended.

If you want to avoid the freshman 15, check out Canada's Food Guide for healthy eating (http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html).

McDonald's is OK once in awhile, but try not to make it the main staple of your diet; check out the film *Super Size Me* if you're lacking reasons to stay away from junk food.

When most students graduate, they feel like they've got shell shock. The world is in front of them and they aren't sure which direction to head. The graduate has the diploma he or she has worked so hard to get, but what to do now?

So enjoy your time while you're here, because it goes fast.



Student Life Centre coming soon?

First year can be frightening

The first week of school has come and gone. For many freshmen it's their first time away from home.

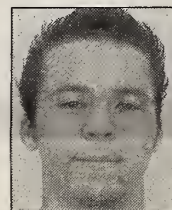
The thrill of making new friends and living on your own in a new city can truly be exciting. It can also be really scary.

When I first got accepted to Conestoga a few years back, I was extremely excited. I would be getting away from home, living on my own for the first time; I could be my own boss.

As that final summer at home began to wind down, I started to become really nervous. It hit me; I was leaving the home I was raised in and leaving behind the friends I grew up with to move to a new city where I knew absolutely no one.

What probably scared me the most was the fact I knew this was my first step into the real world.

I was so nervous the first week here at Conestoga, I barely talked to anyone. First impressions are so important; I didn't want to say



Adam
Black

Opinion

anything to make a bad one.

So for the first few weeks people thought I was a very quiet, shy person, which is the furthest thing from the truth for those who really know me.

What probably scared me the most was the fact I knew this was the real world.

To battle the homesickness I became involved in sports. I tried out for the varsity rugby team and played intramural volleyball to keep my mind and body active. It really did the trick, and before I

knew it I made new friends and was comfortable with my surroundings.

Soon I was talking and making friends with my classmates. Now they're probably wishing I would shut my mouth from time to time.

I'm sure many first-year students can empathize with my situation, and are probably feeling the same way. The best way to fight the feeling of missing home is to go out and meet new people. Try out for a sports team; go to one of the many events that Conestoga has the first month of school. If you're in residence, go out and meet your neighbours. Start some friendships that will last a lifetime.

People say high school is the best years of our lives. I beg to differ. I think that these are the best years of our lives.

For myself, entering my final year at Conestoga, I can't believe the ride is almost over and it's almost time to take the next big step toward growing up.

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Conestoga board of governors back in session

By STEPHANIE IRVINE

Conestoga College's board of governors will reconvene on Sept. 28 for their monthly meetings, but, according to one college official, that's not something that seems to be of great interest to students.

In a recent interview, Helena Webb, director of the office of the president and corporate secretary,

Raising student's awareness isn't something the board has placed priority on, according to Webb.

said, "I'm not saying that negatively, I'm simply saying that people rush around here being students and often are commuter students with jobs, families and lives who don't have the time to show much of an interest in administration."

The board of governors is responsible for things like hiring the college's president, setting strategic directions and overall goals and outcomes for the school, approving the college's annual budget and business plan and establishing governance structures to enable internal communication and accountability.

They are also responsible for ensuring that appropriate corrective action is taken where expected outcomes or quality of performance is not being achieved.

Despite the importance of the board's role at the school, the majority of students polled weren't aware that the college has a board of governors or what their responsibilities are.

A second-year general arts student at the Doon campus said she thinks it's important for students to be made aware of administrative bodies such as the board of governors.

"Maybe in the program orientation they could go over it with the students," said Amanda Britton.

Raising students' awareness isn't something that the board has placed priority on according to Webb.

"We, meaning administration and the board, have a hard enough time making sure that we get the funding that we need, which we never do, and doing the major things that keep this place going," she said.

"That's been the focus. It always has been, and it should be."

For more information on the board of governors and other campus administration go to www.edu.gov.on.ca or www.conestogac.on.ca

College life no longer pain in the neck

Conestoga's new chiropractor sets up shop in health services

By CHRISTOPHER MILLS

Conestoga College students no longer have to endure those long drives off-campus to find relief from sore backs and aching muscles.

Beginning this year, the college will offer chiropractic services on campus in its health services department, located behind the stairwell by the college's main cafeteria.

Dr. Michael Eltervoog, a graduate of the National University of Health Sciences in Chicago, approached the college last year about coming on campus. He was approved at the beginning of August by the college's director of Student Services, Jacqueline McLaren.

"So far, we've put up a few posters and we're just trying to get the word out," he said.

Eltervoog, a University of Western Ontario alumnus, also works with students at Wilfrid Laurier University, a job he obtained after working with the previous chiropractor Dr. Aaron McKinley.



(Photo by Christopher Mills)

Dr. Michael Eltervoog, a registered chiropractor, awaits patients — and wall decorations — in his new office in Conestoga College's health services department.

Eltervoog expects to see a lot of students passing through his door once word gets out. He based his assessment on first-year overload, a term he uses to refer to a collection of injuries common to college and university students.

"Everything from poor posture to sitting at a desk all day to being at home on the computer a lot," he said. "All of these activities can strain the neck, back and shoulders."

With the college offering 80 per cent coverage through their own health insurance plan, Eltervoog said students have minimal prob-

lems in paying the fees.

"The only real issue is that they have to pay up front, then a receipt is submitted, and 80 per cent is reimbursed," he said. "It's usually toughest at the end of the year, around final exam time."

Students who choose to opt out of the school's health insurance plan may still be covered under a parent's plan.

Eltervoog will be available to help students with neck pain, back pain and headaches on Tuesdays and Thursdays from 1:30 p.m. to 4 p.m. and on Wednesdays from 9 a.m. to noon.

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Locking up the piggy bank

By BECKY SHARPE

Saving a few dollars could be easier than one would think, according to some students at Conestoga College.

Benjamin Franklin once said, "A penny saved is a penny earned."

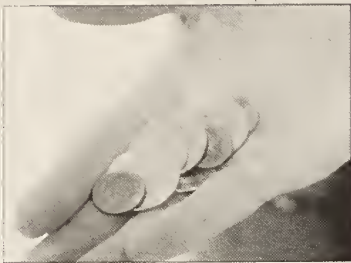
Whether you're a first-, second- or third-year student it's easy to save money by doing a little budgeting.

Eating breakfast at home and bringing a lunch saves a ton even though eating at the college cafeterias can be a nice treat.

Students who attended the Pond Party on Sept. 7 received a free day planner, lunch and bag of coupons and discount cards that included a few other goodies to save students a few dollars.

Newton Edmondson, a first-year student in automotive manufacturing, said, "I bring a lunch to school, I bought a four-month bus pass to save myself money and I checked around for students selling books instead of buying them at the school."

He recommends students shop around and don't spend more than



(Photo by Rebecca Sharpe)

Matt Fleury, a first-year general metal machine student, holds out his spending money for the week. He is on a budget plan.

they have to.

"Stick within a budget you've made for yourself and don't lose focus on what you want."

Matt Fleury, a first-year general metal machinist student, said he has to give up a lot for school like his social life."

He said trying to make rules for yourself to follow a budget plan is really difficult if you're not willing and do not have the proper motivation to follow those rules.

"Don't do what I do, don't go out and spend money on things that you don't need," said Fleury.

Summer renovations to continue into the fall semester

By DAVID ROGERS

Conestoga College has undergone some changes, both big and small, since staff and students have been gone over the summer.

Barry Milner, manager of physical resources at Conestoga College, said "probably the most major change of all would be the renovation of (the new) Waterloo campus, and the move of the college to 108 University Ave. E."

This fall Conestoga opened its new, larger Waterloo location at the former University Heights secondary school.

The new campus is home to programs such as apprenticeship training, culinary studies, English language training and adult education.

"In total about 20 different projects of varying sizes took place here at the Doon campus," said Milner.

These renovations include: new labs created for program delivery; Conestoga Students Inc. offices were moved and renovations continue; the new Student Life Centre is also a work in progress, scheduled for completion this fall; and temporary offices were made for Student Services staff to accommodate them until the Student Life Centre opens.

In Guelph, a 3,000-square-foot addition was added and the new coach and truck mechanics program started.

"We try and do preventative maintenance throughout the year," Milner said.

"We have to take a look at what the budget will allow us to allocate to each area.

"For example, we spent a considerable amount of dollars again this year, and we do each year, on roofing repairs," he said.



(Photo by Holly Featherstone)

Mary Andraza, manager of retail operations (right), scans second-year accounting student Kelly Machado's books after Machado waited in line for 15 minutes.

Bookstore lineups keep students waiting

By HOLLY FEATHERSTONE

Conestoga College students piled outside the bookstore this past week, committed to September's inevitable necessary evil: purchasing course materials.

Students waited patiently against the wall adjacent to the Doon campus bookstore, finding interesting ways of entertaining themselves while avoiding the infringement of class time and other commitments.

"If I want a proper education, obviously I have to wait, so it's no choice," said second-year law and security student Kim Spratt.

Spratt, who waited in line for half an hour to pay for her supplies, said she left the lineup at 10 a.m. on Sept. 7 and came back for a second attempt after an early class dismissal.

"I knew the line would take forever," she said. "I just thought, 'what the heck, I can do this. If I'm late for work, I'm late for work.'"

Spratt, who said she sang to herself to pass the time in line, said she would rather wait half an hour for a ticket to a Nickelback concert.

Similarly, second-year accounting student Kelly Machado made sure she had ample time to get into the bookstore.

She had a 15-minute wait outside the door as well as another 15 min-

utes at the cash register.

"It's not too bad," said Machado, "but there shouldn't be a line at all."

She said when she was in her first year, she joined the lineup at a bad time.

She has since learned that in order for students to get what they need, they must 'stick it out,' unless class time beckons.

While second-year students have become familiar with the bookstore routine, first-year students, including computer programming/analyst student Chris Cossette, said he was not used to waiting 30 minutes outside as well as 45 minutes at the cashier on two separate visits.

Bookstore hours:
Monday-Thursday 8 a.m. to 8 p.m.
Friday 8 a.m. to 4 p.m.

"I'm not a line person," said Cossette. "The only time I will wait in line is for the washroom at a theme park."

He said he took two trips to the bookstore to obtain everything for his program and found an interesting way of keeping himself occupied while waiting.

"I just twiddled my thumbs and snapped my fingers," said Cossette,

"and looked like an idiot in front of the rest of the people waiting patiently."

Students were not the only individuals affected by the chaotic lineup.

The security guards exert a diligent effort in making sure the long wait is fair and efficient for all students.

Security guard Ridu Taher, who patrols the lineup in a split shift between himself and another guard, said standing for such extensive hours is an arduous task.

"It hurts the back and feet a bit," he said, "but it's a job."

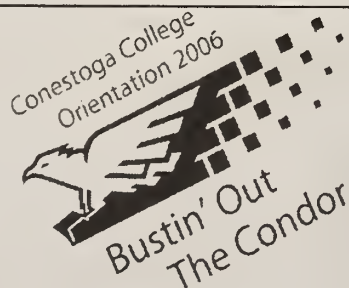
Taher ensures the lineup outside the door is neat and allows five to 10 students in the bookstore at a time. He has them leave their belongings at the front door to prevent theft.

Taher said the lineup at the bookstore is usually the longest from 9 a.m. to 2 p.m.

The bookstore will continue to be busy since students are receiving OSAP payments.

Despite the chaos during the first couple weeks of the semester, Taher said he enjoys passing the time by talking with patient students.

"I talk and try to be friendly with people in the line," said Taher. "Most of our students are great."



ORIENTATION 2006

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Conestoga College's Orientation 2006
Steering Committee

COUNSELLOR'S CORNER: Loneliness

Many of you are here from out of town; some are living away from home for the first time. What a change! There's no one to report to about what you are doing and when. Curfew - what's a curfew? There is also no one to ask, "How was your day?" "What time would you like to have dinner?" and to say "I love you."

The excitement of new freedom and opportunity may be tempered by homesickness - missing your family, friends and community. Slowly, you'll get to know some of your classmates, faculty, roommates and other peers. Perhaps you'll get involved in intramural activities at the Recreation Centre and clubs and events through the student government. Read *Spoke*, your school newspaper, to familiarize yourself with happenings on campus.

You can meet with a counsellor in Student Services to talk about adjusting to your environment and to do some problem solving about getting involved in your college and your new community.

A Message from Student Services

Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>



(Photo by Tiffany McCormick)

Back to the books

First-year graphic design students (from left) Philip Novak, Claire Mousseau, Darcy Vermaak and Pawel Pawelak prepare for the semester by studying near a tree in front of the college.

How to survive Conestoga

By ANNE LISE THOMPSON

If you are one of the many new students coming to Conestoga, you've already sat through a variety of orientations, overviews and maybe even a seminar or two. The faculty provide you with as much information as they can fit into their orientation time, but here are some tips that are sure to help make first year run a little smoother.

1. If you need to go to Tim Hortons before noon, then you need to be prepared to wait a minimum of 15 minutes in line, so make sure you get here early.

2. The hallways are all connected from building to building on both level one (the basement) and level two (the main floor), but are NOT connected on level three or higher.

3. Traffic around the school is a nightmare at 8 a.m. Plan to get to the school at least 15 minutes before you need to be in class. Hey, if traffic happens to work out for the morning, you've got time to

stop at Tim Hortons.

4. Layering your clothing is essential for your duration at Doon. This is because the heat is not turned on until Thanksgiving, and remains on until the Victoria Day weekend.

5. Take the time to get to know the school. There are a lot of different clubs, teams and intramural activities that anyone can get involved in. All students also have full access to the recreation centre, which includes OT's sports bar, a fitness centre, an indoor track, an Olympic-sized ice surface, a double-sized gymnasium and squash courts.

6. Don't be afraid to go to your program co-ordinator, chair or dean to discuss any problems you may be having in your course. They are there to help, and are sure to address your concern in a timely fashion.

Just remember that you can only go up from here, and soon enough you will be the expert, explaining the easiest way to get to 3A625 to a new batch of first-year students.



AN ECONOMICS LESSON FOR THOSE WHO DON'T THINK MATH IS FASHIONABLE.

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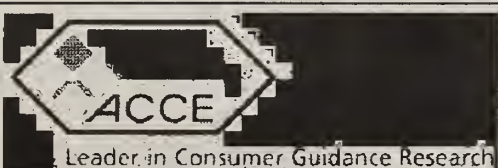
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Conestoga gets an A in continuing education

By ADAM HANNON

Conestoga College scored the highest of all large colleges in Ontario on the Continuing Education Provincial Survey.

In 36 out of 66 areas, the college placed first or tied for first. Conestoga was classed as a large college in the survey, due to its high number of continuing education students.

In an average year, the continuing education department at the college has an enrolment of about 33,000.

The survey is conducted every three years to analyze the performance of continuing education in the province. It was prepared by Compustat Consultants, Inc., and analyzed the 2005 academic year.

Dan Piedra, director of continuing education at Conestoga College, said these are the best results the college has had so far. He added that Conestoga only scored first place in 24 areas when the last survey was conducted in 2002.

"We were by far the highest rated (of all Ontario colleges)," he said.

"One area we did really well in was teaching and learning. I think one of the things we've done here is hire good people. We've also given them support with their professional development."

The college also scored well in the areas of cleanliness and general satisfaction and perception.

"I think we've done well to provide good customer service," said Piedra. "The challenge is maintaining your top rank and improving in areas where you don't have it yet."

He said an area of growth for the college is registration services. This includes the helpfulness of registration staff and the ease of getting a hold of a knowledgeable person by phone.

According to the survey, the main method used to register for continuing education courses is the Internet. In 2005, 35 per cent of students applied online. The main application method when the last survey was done in 2002 was fax.

"In 2002 we had zero online services," said Piedra. "Now we're at a point where over half our registrations are coming through the online resources."

"It's very important that you don't stop your education just because you graduate from university or college or high school."

Dan Piedra, director of continuing education

He said the main ways the college markets their continuing education courses are on the Internet, and in their continuing education catalogue, which is distributed throughout the area every four months.

"I think we need to start looking into getting our name out there in other areas where there's competition," said Piedra, adding that health and community services seem to have a lot of potential for growth.

Piedra said courses that help to train new immigrants and help them adapt to life in Canada are also important, due to Canada's dependence on immigration.

"There are cultural barriers," he said. "I think the colleges are well set up to help people get over that transition."

Piedra said the majority of continuing education students are working professionals who are looking to continually move forward in their profession.

Other students are people in transition between jobs, or people who may already have graduated from a post-secondary institution, but are coming back to school for more practical training in their area.

Students can work toward a diploma or certificate, or take a general interest course, such as wine tasting or crafts. Classes are usually one or two nights a week, for three or four hours each night.

David Ashberry has taught continuing education courses at the college for more than 20 years.

He is currently a co-ordinator and facilitator in the Ontario management development program at the college.

Ashberry said continuing education programs are essential.

"It's very important that you don't stop your education just because you graduate from a university or college or high school," he said.

"You're acquiring practical skills you can use in the workplace."

Most teachers have practical experience on the subject they are



(Photo by Adam Hannon)

Dan Piedra, director of continuing education at Conestoga College, is proud of the top scores the college received in the Continuing Education Provincial Survey.

instructing, added Ashberry, who is sales manager at King Packaged Materials Company.

"Conestoga College is very successful in the area of continuing education," he said.

Ashberry noted that the presence of three universities in the area has helped to create a larger adult student base for Conestoga's continuing education courses.

"It's an outlet," he said. "Some people might go bowling once a week. Many people enjoy learning something new."

Ashberry added the college has

received a great deal of support from companies in the area, who often use the continuing education courses offered as additional training for their employees.

He said staff and faculty at Conestoga know how to make continuing education courses work.

"We've been really successful at attracting enthusiastic and knowledgeable instructors," said Ashberry.

He said the classes are enjoyable, fun and interactive, which is suited to adult learning styles.

A new cheap way to stay connected

By LEANNE MOUNTFORD

As the Internet continues to expand and evolve, staying connected is becoming cheaper and easier.

Voice-Over-Internet Protocol, known as VoIP, allows for an existing high-speed Internet connection to become a useable phone connection.

"VoIP is much cheaper than a conventional phone line."

Justin Wheeler, owner of Datademons

VoIP, according to the online wikipedia encyclopedia, is based on a technology called Network Voice Protocol developed in 1973 for the United States Department of Defence.

It was developed by Internet researcher Danny Cohen of the Information Sciences Institute at the University of Southern California.

VoIP technology is now being offered by many companies including Bell, Rogers, Primus and Vonage for personal home use.

VoIP offers the same features as

a conventional phone, as well as many others including call display, call waiting, call hold, caller ID block, call screen and find me follow me, offered through Primus.

Justin Wheeler, owner of Datademons in Kitchener, has been using VoIP for a year. He said the best part of VoIP is being able to take his phone line anywhere he wants.

"I don't have to notify anybody or pay unreasonable fees just because I'm moving," said Wheeler, who has been working in the computer industry for nine years.

VoIP is much cheaper than a conventional phone line, said Wheeler.

"A basic phone line with a few features will cost about \$50/month plus long distance. I pay \$40/month for VoIP with a second phone number, every feature imaginable and unlimited calling in North America."

Sarah Clark, who owns the Angel of Spare Time Errand Service in Kitchener, has been using VoIP for over a year. Clark said she's amazed how far technology has come.

"What can't you use the Internet for these days?" said Clark, who uses VoIP to talk to her family, friends and customers.



(Photo by Leanne Mountford)

Sarah Clark, owner of Angel of Spare Time Errand Service, recommends VoIP for both business and personal use. VoIP is cheap and has many features that would be useful for college students.

Conestoga College welcomes new manager to the ATS Centre

By JENNIFER CURTIS

James Felder assumed the position of manager, maintenance and automation training centre on Aug. 14 and will be working out of the ATS Engineering complex.

Felder's main duties include corporate training, establishing relationships with companies and making programs designed for them.

His previous position was sales

director at Jakab Safety North America, and before that he was manager of training and development with Rockwell Automation, a company that produces integrated systems for process manufacturing.

Felder said he enjoys this job more because it's about educating people and not just about making a sale.

"Here I'm establishing training and relationships with compa-

nies," he said.

"This is more purpose driven. I'm creating a learning platform for the students."

Felder graduated from Conestoga's electrical engineering technology program in 2002.

He feels that the training he got at Conestoga has helped him through his whole career.

"All my training helped me get to the next position," he said.

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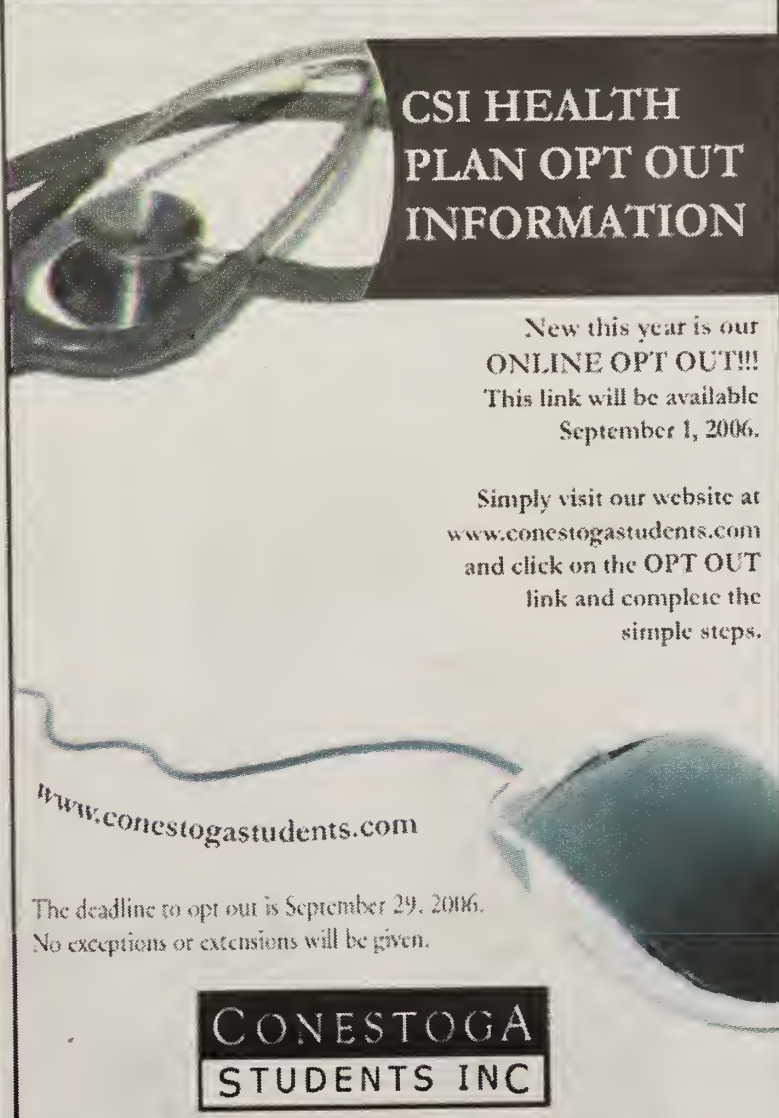
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The deadline to opt out is September 29, 2006.
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CONESTOGA STUDENTS INC

Roundabouts a solution for region

By JON MOLSON

The Region of Waterloo is in the process of constructing six roundabout intersections for 2006, including one near the college on Fountain Street at Blair Road in Cambridge.

The modern-day roundabout forces incoming drivers to slow down and yield to all traffic on their left-hand side which the region believes reduces the potential of serious collisions.

"Through our discussion with other municipalities who have implemented roundabouts and research about roundabouts that have been built in other parts of the world, we have established the fact that roundabouts have fewer injury collisions," said Steve van De Keere, head of the Transportation Expansion Program for Design and Construction in the transportation and environmental services departments.

Traffic circles were developed in the early 20th century and allowed entering vehicles the right of way. Their designs permitted motorists to travel at accelerated speeds,

which created both high collision as well as congestion rates and led to much criticism regarding whether or not they were a practical method for the transportation system. In 1966, the United Kingdom implemented a policy which forced entering traffic to yield to all oncoming vehicles in the roundabout. Since then stipulations to build smaller circular intersections have been put in place to prevent cars entering at dangerous speeds. The Region of Waterloo constructed the first two roundabouts in 2004 at Ira Needles Boulevard at Erb Street in Waterloo and Can-Amara Parkway at Townline Road in Cambridge. In 2006, the region relaunched their public education program on roundabouts. The region's website, www.region.waterloo.on.ca, was also revised to include a driver training video, historical information about roundabouts and detailed instructions on how to properly use them. This year roundabout intersections are being built in Cambridge, Kitchener and the Township of Woolwich. The Region of Waterloo expects con-

struction to be completely finished for all six projects by the end of November.

Van De Keere is in charge of the design and construction of new roads and the widening of existing roads in Waterloo Region.

He said there are many advantages to building roundabouts.

"They actually have a higher capacity than a similar set size of traffic signals, so therefore drivers have lower delays and they are not waiting for signals to change," he said. "There are also a few other side benefits in terms of if you have lower delays, you have less vehicles idling so you are producing lower emissions, which addresses concerns we have in this area about smog and air pollution."

He said the roundabout geometry forces drivers to slow down on their approach, which reduces the risk of a serious injury occurring.

"There are collisions at roundabouts, but they are happening at lower speeds, you don't have drivers going through at 90 km/h and there are no red lights to run," van De Keere said.

He said public opinion is a poten-

tial roadblock to building a roundabout. "You can attribute that to people's reservations or concerns about change. There is a general resistance to change in the public's eye especially if they don't understand the benefits," he said.

Van De Keere recommends anyone who is apprehensive about using roundabouts to visit the region's website.

He said the region plans to build more roundabouts in the future.

"At the end of this year we will have eight operating and we don't see any limit to that," van De Keere said. "We are going to build more every year, so in 10 years or more we could have 50 roundabouts operating in the area."

Arthur Krawczyk, a third-year management studies student, thinks building a roundabout near the college will benefit the students who will drive through it.

"I don't see a problem with it, it's probably a really good idea. Roundabouts move much smoother than street lights," he said.

Krawczyk lives in Kitchener, so the roundabout on Fountain Street at Blair Road will not affect his

commute to the college.

Marcos Kroker, the senior project manager for the roundabout project on Fountain Street at Blair Road said it's going to improve traffic flow for people coming from Cambridge to the village of Blair up on Fountain Street towards the college.

"Operationally I don't think you're going to get as much queuing as we had before at the stop control during peak hours," he said.

Kroker said there is about a month to five weeks left of construction work remaining.

He said the main reason for building a roundabout at this location is to deal with a recurring collision problem.

"It was to address safety concerns out there and that is the No. 1 reason for putting up roundabouts," Kroker said.

The region is planning to build future roundabouts in 2007 at Ira Needles Boulevard at University Avenue in Kitchener/Waterloo, Fischer-Hallman Road at Huron Road in Kitchener and Fischer-Hallman Road at Seabrook Drive in Kitchener.

Improvements made to engineering and IT

By JENN SPRACH

Many changes have occurred over the summer months within Conestoga College's School of Engineering and Information Technology.

The curricula for all programs in mechanical technology and computer engineering technology are currently being redesigned, said Henry Reiser, chair of the school.

Also, a third year is being offered in software engineering technology, a change that was launched a year early due to high demand for the program, said Reiser.

The school also has a new lab, located in Room 2A314, which is still in the process of being finished, but it is open for student use, said Reiser.

"It's time changes occurred," he said, adding they need to stay up-to-date with the technology used in the industry to enhance students skill set.

Another change the School of Engineering and Information Technology has planned is the expansion of the advanced manufacturing degree program, said Reiser.

There are three potential streams of growth but no details are available at this time, he said.

Julia Biedermann, chair of the School of Engineering and Information Technology, said a fourth year is being offered in architecture project and facilities management for the first time this year.

When asked why these changes have been occurring, Biedermann responded, "We want our students to get good jobs."

Each program has a Program Advisory Committee (PAC) which is made up of industry and business professionals and a student



(Photo by Jenn Sprach)

Program Advisory Committees are trying to raise money to improve engineering and information technology programs.

from the program.

They are trying to raise money to re-equip the electronic labs which will cost about \$5,000 and the mechanical engineering labs which will cost about \$1.5 million, said Reiser.

There has been an approximate five per cent increase in students attending this area of the college.

When asked if there was any reason for this growth, Reiser said, "The programs are being recognized for what they are."

New staff who have joined the School of Engineering and Information Technology this year are: James Bechard, architecture-project and facility management program, Ron Ormson, environmental engineering applications, Dr. Hamid Karbasi, mechanical engineering, Dr. Ali Tehrani, electronics, and Norbert Mika, software engineering.

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(Photo by Kristin Grifferty)

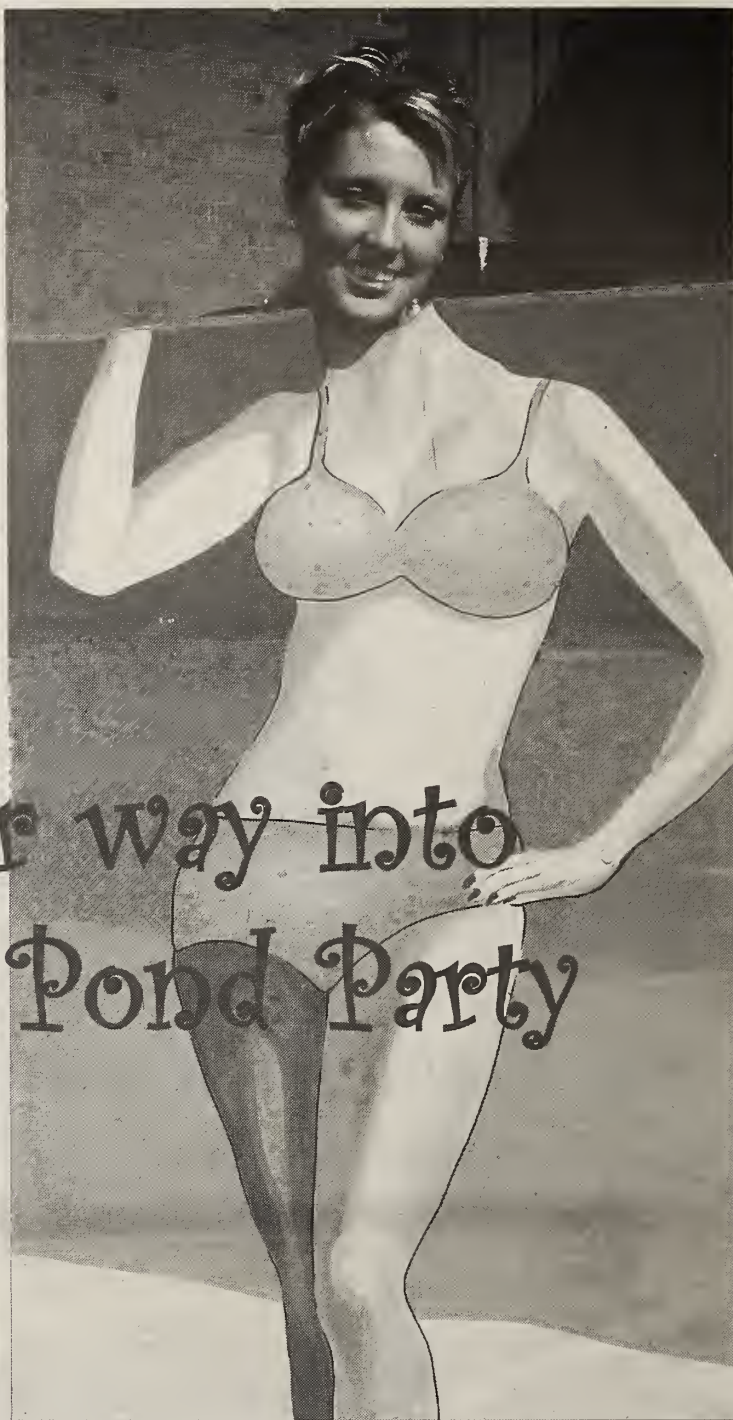
CSI welcomed back Conestoga College students by hosting the annual Pond Party. Great weather and a free barbecue helped boost attendance as students were treated to a variety of activities and handouts from CSI and local businesses.

Students ride their way into a new year at the Pond Party



(Photo by Kristin Grifferty)

Second-year recreation and leisure student Blake Lymburner was one of the first to tackle the mechanical bull at the Pond Party. Despite commenting on the fact that the bull was a slippery ride, Lymburner managed to hold on for a great ride.



(Photo by Kristin Grifferty)

First-year ECE student Sabrina Brown wasn't shy when it came to posing for the camera at the Pond Party. Brown came for her free planner, but ended up staying for the other activities that CSI had to offer.

*CSI event a huge hit
thanks to free food, giveaways
and a whole lot of sunshine*

By KRISTIN GRIFFERTY

Conestoga students got a big welcome back as CSI hosted the annual Pond Party last Thursday.

Party-goers were treated to a variety of activities as well as a barbecue lunch.

Those looking to quench their thirst were also given the opportunity to purchase beer.

"The free planners made us come. But the bull made us stay."

*Hannah Al-Izzi,
first-year ECE student*

Students tried their hand at riding a mechanical bull and attempted to conquer the rock wall.

Second-year student Blake Lymburner was the first to ride the bull.

He said although the ride was fun, they should warn students that it's not as easy as it looks.

"(The ride) was great!" said Lymburner. "It's so slippery though."

First-year ECE students Sabrina Braun and Hannah Al-Izzi said the bull was a great idea for the party.

"The free planners made us come," said Al-Izzi. "But the bull made us stay."

Besides the bull riding, CSI provided booths for students to visit.

Rogers Wireless and Exclusively Women's Fitness were among the companies who were there to promote their student-gear products.

CSI rep Sheena Sonser said she was pleased with the Pond Party's turnout.

It was one of the first of many CSI events for the school year.

Sonser and friend Jessica Wettlaufer were there to sell tickets for Theory of a Dcadman, CSI's next event.

To learn about other CSI events, check out your student planner or visit staff in the new CSI office, located around the corner from Tim Hortons.



Third-year architecture construction engineer technology student Jessica Wettlaufer and second-year marketing co-op student Sheena Sonser work on their tans at the Pond Party.

(Photos by Kristin Grifferty)



Catherine Koch, associate vice-president of liberal and media studies and academic services, and second-year recreation and leisure student Laura Bingeman keep students cool at the snow cone station. Snow cones, hamburgers, hot dogs and pop were free at the event.



Second-year office executive students, (clockwise from bottom left) Evelina Kulik, Stephanie Groh, Lisa DeGraaf, Marta Barakonski and Laura Wilson all take a bite out of the Pond Party.



Erin Booker, a first-year social service student, made riding the bull look easy as she smiled for the crowd. Students were offered the chance to play cowboy or climb a rock wall at no extra cost.



(Photo by Eric Murphy)

As construction continues on Homer Watson Boulevard traffic by Conestoga College is at a crawl.

Traffic time blues

Can someone please tell me what the reason is for all the traffic hold-ups on Homer Watson Boulevard?

Is it not obvious that when a few thousand college students are added to the number of morning travellers along a route that has been reduced to one or two lanes, the result is not going to be a positive one. However, do the powers-that-be not apply traffic congestion to the equation when finalizing such large construction plans?

The replacement of the Highway 401 and Homer Watson interchange has reduced the westbound and eastbound lanes to two, causing traffic-jam headaches.

Gone are the days of leaving the house 30 minutes before class to make it on time.

Now traffic, that I once thought was limited to the General Toronto Area, has me inching my way off the 401 onto Homer Watson, adding an



Eric
Murphy

Opinion

extra 20-35 minutes to my travel time. Very valuable time for those who would rather be spending that extra 20 minutes in the line at Tim Hortons for their morning jolt of java. The worst part, as we lay our heads in our hands in frustration during the stop and go motion, is the college just sits over the fence a 100 metres away, teasing and mocking us while we sit in the tormenting traffic.

Another point of frustration is that according to the Ministry of Transportation website, this \$20-million road rehaul is estimated to last until October 2007. It was

started in September 2005.

With a \$20-million price tag, why has there not been a night-crew put on this project in the hope of getting it done earlier and helping alleviate some of the taxpayers' traffic woes.

If a big monstrosity of a highway like the Don Valley Parkway can be closed down overnight for repairs in a big metropolis, then why can't the same be done on Homer Watson in suburban Kitchener?

Yes, it may just be a little bit of an inconvenience having to wait in traffic, however, as a taxpayer, instead of having that high-paid construction worker holding a drive slowly sign, I'd rather see him or her drop the sign and lend an extra hand to finishing the project earlier. After all, who needs to be told to drive slow when you're sitting bumper-to-bumper in traffic.

Survivor goes too far with racial division

For six years now viewers have watched ordinary people leave the comforts of their everyday lives to become isolated from all forms of civilization, not to mention, left solely to rely on basic survivor skills in a remote location.

The hit CBS reality TV phenomenon I'm talking about is Survivor.

The show kicked off its 13th season on Sept. 14, leaving 20 new castaways stranded on Cook Islands, located in the south Pacific.

Each year the show attempts to bring a new idea or concept to the drawing board to keep its cult followers tuning in season after season.

Since Survivor first went on the air in 2000, viewers have watched teams, otherwise known as tribes, compete for the million-dollar prize.

Mark Burnett, the series producer, and CBS executives have thrown in some curveballs along the way. They have divided the tribes by gender and age but this season they have taken things too far. This time they have decided to divide the tribes by race.

The show has labelled the four tribes as the African-American tribe, the Asian-American tribe, the Hispanic tribe and the White tribe.

Members in each tribe compete in weekly challenges against each other, and the losing group will have to vote out a member.

I believe separating tribes by race is a desperate, tasteless attempt to increase ratings.

Also, let's not forget the fact that the show has pegged five individuals to represent their entire race that is made up of millions or bil-



Tara
Ricker

Opinion

lions.

I know I would not be comfortable if Paris Hilton, President George Bush, Tom Cruise, Kevin Federline and Britney Spears were chosen to represent the entire white race.

Separating races and having them compete to see what race is dominant is a completely ignorant move on both Burnett's and CBS's part. What exactly are they trying to prove? Ethnic pride? I don't think so. It is unrealistic to think that an entire race expresses or views "ethnic pride" in the same way.

So much for teaching the youth of today to treat everyone equal. I guess that concept has now been completely thrown out the window.

I realize Survivor is one of the many reality TV shows invading viewer's living rooms every week but it is one of the most popular reality TV shows to date. Because of this I do believe that Burnett and the executives at CBS have a greater responsibility in how far they push the envelope and this time it was too far.

What's next, the rich against the poor? Christians against Jews?

I'm glad advertisers share my disdain, and are pulling their ads.

My advice to Burnett is, go back to the drawing board, this television viewer has spoken.

What can Alumni Association do for you?

By VANESSA BUTLER

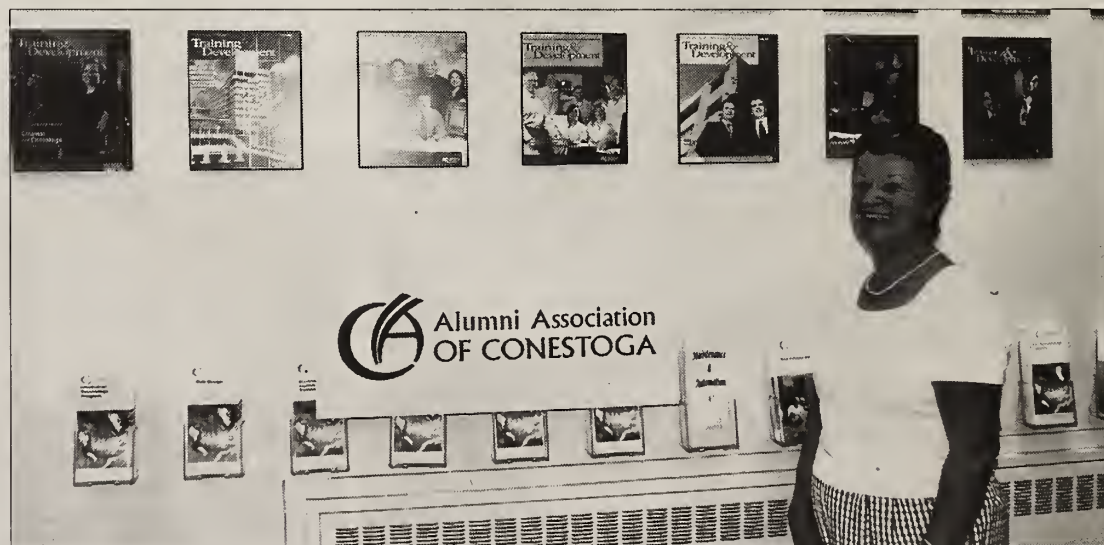
Being an alumnus is certainly something to be proud of. Graduating from somewhere, anywhere, is quite an accomplishment. As a new school year takes off we have said goodbye to the alumni of Conestoga College, and greeted the recently crowned alumni hopefuls with open arms. But, what happens after graduation? Where do all the alumni of Conestoga go?

There is a team set up, hunters, stalkers if you will, to track and carefully locate every last grad to ensure they are using their time productively. Well, not exactly. Actually, this friendly bunch of people just likes to stay in touch to see what their fellow alumni are up to, because, they themselves are alumni too!

"We have really cool alumni out there," said Izabela Piasecka-Latour, a development services

officer here at the college. "We have really fun jobs!" Latour and her team, which includes Ingrid Town, executive director of development and alumni relations, and Monica Himmelman, alumni relations and annual fund officer, research what grads are doing now and keep accurate information on their whereabouts.

But that's not all. The alumni affairs crew are deeply rooted in the community, whether it be fundraising, providing reunion support, offering discount tickets to attractions, holding annual meetings to discuss various efforts for the college or simply connecting current students of the college with alumni to motivate and encourage students to strive to their fullest and achieve their goals. "Graduates phone to tell us what they are up to, what they've gone on to achieve," said Himmelman. "We give graduates praise and support them when we share their success stories with



(Photo by Vanessa Butler)

Monica Himmelman, the alumni relations and annual fund officer, proudly displays previous years' issues of Guide magazine at the registrar's office.

the students." The alumni affairs department has the full support of the college when it comes to their many efforts to further the success of the college.

One of the many awards the alumni department offers is the Welcome Home award, which is given to every first-year student who has had a parent previously attend the college. In addition to the award, the recipient is guaran-

teed \$100 to use toward school.

The alumni team prides themselves on maintaining a healthy relationship with many of the offspring from the college. Staying in touch with graduates means sharing success stories and bringing past experiences which opens doors for bigger and bolder possibilities for the future.

"The Alumni Association of Conestoga College is a network of

volunteers committed to an active partnership among the alumni, the community and the college in order to create a lifelong interest in the success of the college," the mission statement reads, which clearly identifies the strong commitment and passion the organization shares with the students and faculty of the college in striving to achieve the highest success rate possible and maintain it for years to come.

Festival celebrates Indian-Canadian culture

By AMY MEADOWS

A volunteer at Kitchener's annual South Asian Festival said acceptance of other religions in the Kitchener-Waterloo area is becoming greater.

"People are starting to realize that being from a different culture doesn't make you any less of a human being," said Raj Dubey, who has resided in Kitchener for the past 42 years. "These kind of events help and eventually we will turn the world into a global family."

The festival, held on Sept. 10 at the Kitchener Market, is in its fourth year. It has moved to a new location on each occasion due to an increase in attendance, something Dubey credits to a growing interest in different cultures.

"Culture involves language and

dress and it's what divides people; everyone looks from the outside and wonders what kind of people we are," said Dubey. "The moment we come together, like at these events, we all find out that we have similar emotions and a similar essence and when that is realized, unity starts."

"People are starting to realize that being from a different culture doesn't make you any less of a human being."

*Raj Dubey,
Kitchener resident*

Stands around the market included South Asian fashions, music,

cuisine, art and crafts, henna and palm readings.

The one-day festival was hosted in part by Shani Singh, also known as Miss India-Canada.

Dubey, who also conducts ancient history seminars at these festivals, said Indian culture is great as it has never lost touch with its spirituality.

"Despite the different cultures within India itself we manage to stay united," said Dubey. "Religion, for us, isn't about going to church once a week, or even reading a book, it is all about mental practice, and that is the same throughout the world, which

is what we hope to demonstrate today."

One of the many stands featured at the festival was Focus For Ethnic Women, an organization designed to assist visible minority women in gaining employment skills on

arrival in Canada.

Sabby Bains, the placement coordinator for the organization, has lived in Canada for 29 years and they support internationally- and foreign-trained women and provide business and domestic skill training.

"There is something for every ethnic woman, our job is to support women in their experiences when they first come into Canadian society," Bains said.

Kitchener MPP John Malloy took to the stage before the festivities began, praising the Asian community for continuing to host such events.

"Festivals like these help build a stronger community and allows all of us to share in this culture."



(Photo by Sarah Jaynes)

Greek enthusiast, Irene Souftas, praises Greek cuisine as she proudly displays a basket of bagels beside a traditional bread baking oven.

Greek community comes together

By SARAH JAYNES

The 10th annual Greek Food and Wine Festival was held last weekend at the Waterloo Memorial Recreation Complex.

The festival attracted more than 5,000 people and raised approximately \$50,000 to be distributed to local organizations, including Kidsability, a centre for child development, and to the Waterloo Fire Department for new equipment.

The events showcased at the festival included traditional Greek dancing, grape squashing, Greek cuisine, jugglers, face painting, live music and various children's activities.

Irene Souftas, mother of three, GIS analyst for the City of Waterloo and the chair of the Greek Cypriot committee, says a year of planning goes into the festival but all the hard work pays off once the community comes together to celebrate the Greek culture.

"The festival could never happen without Irene, she is the heart of the Greek community," said festival volunteer Olga, who refused to give her last name.

Souftas moved to Canada from Cyprus in 1975, but has always lived in a household that embraces Greek traditions.

"There are a lot of families in the community that are passionate about their religion and their cul-

ture and they want to celebrate it," says Souftas.

"For me to be able to celebrate with them is a blessing."

Souftas started the Greek Cypriot community centre in the 1990s and began running the annual Greek Food and Wine festival in 1996.

Souftas has organized three committees within the community centre whose volunteers spend a year preparing for every festival.

The Dionysia committee consists of seven volunteers who arrange all the food and entertainment and the executive committee has 11 members who recruit volunteers and meet every week to discuss all aspects of the festival planning.

Souftas' family has also been very supportive in helping her keep the festival alive. "My daughters know how important this festival is to me, they take shifts every year, one comes and the other one goes," said Souftas.

She said the festival is her baby, however, after this year she would like to resign from her position as chair and pass on the responsibility to someone equally as passionate.

"I am not getting any younger," said Souftas. "The festival is a lot of work. I will always be involved but I would like to pass on my title as the chair of the committee."

To learn more about Dionysia or the Greek Cypriot community, visit their website at <http://www.dionysia-festival.com/>.



(Photo by Amy Meadows)
Five-year-old Sunita parades in the South Asian Festival fashion show at the Kitchener Market on Sept. 10.

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The times they are still a changing



(Internet photo)

Modern Times is Bob Dylan's 31st studio album and was released on Aug. 29. Some of the new material on the CD includes Thunder on the Mountain and Spirit on the Water.

By JASON SHERRITT

Out with the old and in with the new, well sort of. Released on Aug. 29, Modern Times is Bob Dylan's 31st studio album since releasing his self-titled debut in 1962. Highly influential and widely regarded in all aspects of music, his latest effort upholds his title as one of the greatest songwriters of all time.

The album's opener, Thunder on the Mountain, is a laid-back blues shuffle that in just under six minutes manages to touch upon everything from love to war and entertaining to farming. The song contains one of the strangest Dylan lyrics yet: "I'm wondering where in the world Alicia Keys could be/I been looking for her even clear through Tennessee."

Dylan even caters to those who think less of him or question his abilities, being the age he is, in the song Spirit on the Water: "You think I'm over the hill/You think I'm past my prime/Let me see what you got."

The borrowing and re-arrang-

ing of songs is nothing new in the world of folk and blues music, even Dylan's first album contained only two originals. A few tracks are re-workings of old blues songs — most notably from blues legend Muddy Waters — which can be heard in Rollin' And Tumblin' and Someday Baby. With all songs credited to Bob Dylan on Modern Times, some may view it as an injustice but for the most part the re-written songs have no concrete or documented originator.

Self-produced under the pseudonym Jack Frost, Modern Times presents the undertone of a decline; the general sense that the good in the world has been shelved in a misguided attempt at redemption.

Dylan has announced a massive North American tour in support of the album with opening acts Kings of Leon, Foo Fighters and The Raconteurs. He is scheduled to play the John Labatt Centre in London, Ont., on Nov. 3 and at the Air Canada Centre in Toronto on Nov. 7. The Canadian dates will be supported by an acoustic set performed by the Foo Fighters.

K-W nightlife features a diverse selection

By NATALIE ANDERSON

As the halls of colleges and universities in the Kitchener-Waterloo area fill up with students, inevitably so do the local bars making it difficult to choose just one.

The schedule of bars in this area is fairly easy to pick up, filled with options and is mainly based on the cost of alcohol and music preference.

Tim Pollock, 22, a first-year mechanical engineering student at Conestoga, said he usually goes out to the bars three or four nights a week.

"Wednesday nights at Phil's or Molly Blooms are always a good time," said Pollock.

Phil's in Waterloo attracts a crowd on Wednesday nights because instead of the usual underground music, they play mainstream hip-hop.

"The Stampede Corral is good on Thursday if you like country music or just for something different. If not, there's always Caesar Martinis. It gets pretty packed."

Caesar Martini's in Waterloo has become so popular within the past year that there is usually a

lineup outside by 9:30 p.m. on a Thursday night.

Jeff Botter, a bouncer at Fubar, said people go to Caesar Martini's because they have cheap drinks but eventually they go next-door to Fubar.

"People get tired of waiting 10 or 15 minutes for a drink because Caesars only has one bar," he said. "We play different music and have a different atmosphere."

Botter said one of the differences in the atmosphere is that Fubar is targeting a younger crowd.

"Our target market is 19 to 25," he said, "whereas Caesars is 24 to 30 on a Thursday night."

Pollock said he usually spends Friday nights at Philthy McNasty's or Revolution Nightclub.

The music in both bars is generally the same, mainstream hip-hop, but Revolution Nightclub is larger and delivers more of a "big city" atmosphere.

Philthy McNasty's offers a smaller, more intimate setting.

"Saturday nights Revolution is 21 plus which is nice because it's an older crowd," said Pollock.

Holly Currie, 21, a third-year honours English major with a

double minor in psychology and music at Wilfrid Laurier, said each day of the week there is more than one option for a great place to go and see friends or meet new people.

Currie said her favourite nights are Wednesday, Thursday and Saturday.

"On Wednesday 'Dirty' Phil's is always the place to be," said Currie. "Other than Phil's, Molly Blooms has cheap Coronas, Mongolian Grill has cheap pitchers and many of the pubs down King Street are filled to capacity."

Thursday night is either Silver Spur night or Caesar Martini's night, said Currie.

"Fubar is also a good bar too," she said, "but it is typically filled with people who couldn't get into Caesar's."

Currie said Saturday night is good for going to lots of different places and pubs throughout Waterloo.

"Many people go to Fubar for the night, but there is always quite a pub crawl going on!"

"Friday is popular for Philthy's or Phil's depending on your taste in music," Currie said. "Mondays Morty's for cheap wings and Sunday's for retro night once again at Phils."

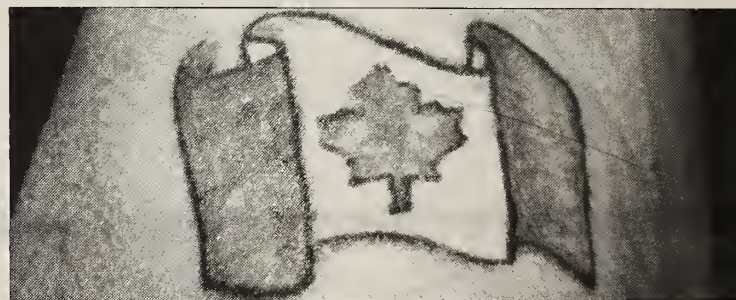
While there are many local bars to choose from, Fubar takes up three nights of the week.

"There's \$2.50 Tuesday, which means drinks are cheap," said Botter. "Thursday is ladies night, so there's no cover for ladies. Saturday nights are just regular bar nights, but it's usually our busiest night anyway."

Botter said Fubar is much busier during the school year.

"In the summertime we still fill up on Saturdays," he said, "but during the school year we fill up everyday we are open."

Capacity is 600 people, Botter said, but over the course of a Saturday night as many as 750 to 1,200 people could come through the doors.



(Photo by Allison Steinman)

Second-year computer engineering student Chris Bower shows off the Canadian flag tattoo on his upper arm.

Get inked, with a tattoo

By ALLISON STEINMAN

In the fall when the weather is still warm, and before the pants and sweaters come out of hiding, it isn't hard to miss the colourful images decorating the skin of many fellow Condors.

An artist at a Waterloo tattoo shop says the rumour about tattoo art being addictive is anything but a rumour.

"It's like eating popcorn," said Dan, owner of Stray Katz tattoo shop on King Street. "You can't eat just one piece."

A second-year engineering student at Conestoga College agrees.

"It's an addictive practice because there's always something else to add to a tattoo," said Chris Bower, who plans to add several more features to the Canadian flag on his upper arm.

Ben, an artist at Way Cool Tattoos located on 650 King St. E. in Waterloo, said he thinks it's true because of how popular tattooing has become throughout the years.

The price of a tattoo varies from shop to shop and can range anywhere from \$50 - \$400. Dan said that he prices his tattoos by square inch instead of by the hour because it ends up being cheaper.

Another important aspect of

tattoo art is design.

The most popular designs according to Dan include: tribal, black work, which is tattooing without colour, and cartoon characters, the most popular being the Tasmanian devil.

It also isn't uncommon to do custom marking, where a customer brings in his or her own design idea which is then put together by the artist.

"It all comes down to interpretation," said Ben. "Everyone has different likes and dislikes."

When asked about the pain factor, Dan said the least painful spot to have tattooed is someone else's body.

"They all hurt," he said. "Anyone who tells you differently is lying."

Both artists stressed the importance of aftercare. Customers are instructed to unbandage the new tattoo after several hours, wash away the blood with a gentle soap and water, apply an unscented lotion and pat dry. This routine is to be repeated for several days, and the tattoo should never be picked or scratched.

"If you take care of your tattoo it will look good," said Dan. "If you don't, it won't."

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One strike after another for Jays organization

Another disappointing year for Blue Jay faithful

By ANGELO MAZZIOTTI

Following an off-season filled with big free agent signings, big dollars spent and big expectations for the 2006 season, the Toronto Blue Jays and their fans are left asking themselves what if.

The weeks leading up to this season were ones filled with cautious anticipation for Blue Jays fans. Key off-season acquisitions of starting pitcher A.J. Burnett, closing pitcher B.J. Ryan, first baseman, Lyle Overbay, third baseman Troy Glaus and catcher Benji Molina were cause for celebration as it proved to the Jays faithful that management was committed to make a run for a championship.

It appears however, that it is once again time for Blue Jays fans to collectively breath a sigh of disappointment as injuries and missed opportunities have plagued this team all year.

Most of the pre-season hype was directed toward the signing of free-agent pitcher A.J. Burnett, who has arguably been the most disappointing signing. Although A.J. has looked much better in his last few starts, he had a terrible start to the season, spending most of the first half on the disabled list. A.J. has shown resilience by battling back to the .500 mark.

Burnett's problems however, are only at the beginning of the list of problems that seem to annually mar the Blue Jays' pitching rotation. Gustavo Chacin, arguably the Jays' second best starter behind ace Roy Halladay, spent most of June and July on the disabled list with a sprained ligament in his left elbow. When he injured himself, Chacin was 6-2 and having a stellar first half of the season. His absence in the rotation was a huge blow to the Jays chances.

Josh Towers, who started the season on a seemingly endless losing streak, was sent to the Blue Jays triple A affiliate in Syracuse to work out the demons that haunted him so early on in the year. General Manager J.P. Ricciardi has said he expects Towers to compete to get back in the Jays rotation come spring training.

Starting pitcher Ted Lilly pretty much summed up the Blue Jays pitching woes when he and Manager John Gibbons recently had a heated exchange on the pitchers mound that spilled over into the Blue Jays dugout and clubhouse. The two downplayed the incident but it was obvious that the pitching frustration was at the boil-

ing point.

The only bright spots in the rotation this past year were staff ace Roy Halladay and closing pitcher B.J. Ryan. Halladay has once again made his annual claim to capture the American League Cy Young Award for best pitcher, but a late season snag might prove costly in voting for the Jays veteran. Ryan, an off-season free-agent acquisition, has been lights-out pretty much all season. His cool mound demeanour and hard working style have won over the hearts of Blue Jays fans this year, and have made him the most dependable pitcher on the staff.

So what if A.J. Burnett hadn't thrown out his elbow so early in the season? What if Gustavo Chacin hadn't spent most of the summer on the disabled list and had a chance to finish what looked like a very promising start to the season? What if Josh Towers hadn't forgotten how to throw strikes before he was sent down to re-tool his arm?

The weeks leading up to this season were ones filled with cautious anticipation for Blue Jays fans.

Had all these unfortunate events not taken place, the Toronto Blue Jays could have very well been leading the American League East division.

Had the Jays rotation had any luck this season, and mixed with a high powered offence that continues to be among the league leaders in home runs and total runs scored, the Jays may have just gave their loyal fans something to stand up and cheer about. Instead, they find themselves in their perennial spot behind American League giants Boston Red Sox, and New York Yankees.

So where do the Jays go from here? How do they heal the pitching wound, and make the transition from pretenders to contenders? The Blue Jays ownership has promised to once again open the cheque book in the upcoming off-season and try and lure more big name talent north to Major League Baseball's only Canadian team. This should be welcomed once again with open arms by Jays fans, who are still patiently waiting for something to cheer about.



(Photo by Tara Ricker)

Students make their mark

Women's varsity soccer team tryouts were held from Aug. 29-Sept. 8. Fifteen hopefuls came out and put their skills to the test. Spots are still available so it is not too late to try out.

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High hopes for men's varsity rugby team

By NICK CASSELLI

After a tumultuous summer of anticipation, varsity rugby is back.

Dripping with testosterone, the returning players of the Conestoga College men's rugby team are pumped with athletic juices which will be spewed on the freshly groomed battlefields.

The returning Conestoga Condors veteran players have no such intention of altering their smack-down style of rugby, which earned them a provincial bronze medal last season.

Last year's showing has certainly surged bolts of confidence through-

"Watching some of these young guys practise is like watching poetry in motion, they are loaded with talent and most of them have played in big game situations."

*Richard Patan,
third-year centre,
Conestoga Condors*

out the Condor locker room, however, Nate Dempster, a third-year forward, is well aware of the fine

line between confidence and cockiness.

"We're a confident bunch of guys right now and we know we have the talent to go out there and beat any team on any given night, but, we can't just go through the motions and expect to win."

"We only have 10 returning vets, so it's up to us to provide leadership, and show our young rookies what it takes to get the job done."

Although the Condors have limited stock in the veteran department, an infusion of young talent in the rookie sector will more than compensate for the shortage of experience.

"There are a lot of new faces in the locker room, but most of these guys have had prior rugby experience," said Richard Patan, a third-year centre.

"Watching some of these young guys practise is like watching poetry in motion, they are loaded with talent and most of them have played in big game situations."

Patan said as long as team chemistry is present on the field, the Condors will have a realistic chance to contend for the championship, and bring home the hardware.

That may be easier said than done.

The Condors flight to the Promised Land will be nothing short of daunting as their archrivals from Seneca College have dissected all opposition over the past five years, claiming five consecutive provincial championships.

"We know it is going to be an uphill battle, but, this is a new year and we have a gritty group of guys that can compete with Seneca," said Patan.

"If we stick together as a team and play to the best of our ability, we can beat anyone in the league, including Seneca."

Fans can experience this heated rugby action first-hand as the Condor's first home game kicks off Sunday, Oct. 1 at 1 p.m. where they will clash with S.S. Fleming at Rogers Park in Cambridge.

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(Photo by Nick Casselli)

Conestoga Condors veteran players Nate Dempster and Larry Stuart are geared up for another season of varsity rugby.